

## Claims

1. A method of shutting down and restarting an internal combustion engine, comprising:  
5        positioning the engine into a predetermined rest position wherein said predetermined rest position is a position at which the average motoring torque is decreasing during the first phase of the restart.
- 10        2. The method of claim 1 wherein the engine is positioned to said predetermined rest position shortly after engine shutdown.
- 15        3. The method of claim 1 wherein the engine is positioned to said predetermined rest position while the engine is at a warmed up temperature.
- 20        4. The method of claim 1 wherein said predetermined rest position is selected such that an average motoring torque to reach a predetermined engine speed is at its minimum during the first phase of the restart.
- 25        5. The method of claim 1, further comprising: measuring motoring torque.
6. The method of claim 1, further comprising: measuring crank angle position of the engine.
- 30        7. A system for shutting down and restarting and internal combustion engine, comprising: means for stopping an internal combustion engine in a predetermined rest position wherein said predetermined rest position is a position at

which the torque is decreasing during the first phase of the restart.

8. The system of claim 7, further comprising: an  
5 integrated starter generator coupled to the engine, said integrated starter generator.

9. The system of claim 7, further comprising: a  
crank angle sensor providing a signal indicative of engine  
10 rotational position.

10. The system of claim 7, further comprising: a torque sensor coupled to the engine.

11. The system of claim 7, further comprising: a  
15 locking mechanism for locking the internal combustion engine in said predetermined rest position.

12. The system of claim 7, further comprising: a  
20 torque measuring device coupled to the engine.

13. The system of claim 7, further comprising: a crank angle position sensor coupled to the engine.

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